


Manistee Friendship Society – April 2026 Activity Calendar

Please call 231-398-0434 for more information

50 Filer Street Suite 316, Manistee Mi. 49660 (3rd floor)

Visit our website, manisteefriendshipsociety.org, or “like” our Facebook page to get more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED Suds Your Duds Laundry Program- MFS Members Only. <i>(Please call to make an appointment)</i>	2 Drop-n hours: 9:30am-3pm 10am: Feeding America Onsite Pantry Fill-up: Volunteers Needed. 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group	3 CLOSED (Good Friday)	4 CLOSED
5 CLOSED Happy Easter!	6 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: LGBTQ+ Support Group	7 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group	8 Easter Luncheon 10:00am: Egg Hunt 11:00am: Picutres w/Easter Bunny & Friends 12pm: Lunch	9 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group	10 Drop-in hours: 9:30am-3pm 10am-11am Anger Management 1pm-2pm: Outside the Box-Addiction Support Group	11 CLOSED PANTRY WEEK 
12 CLOSED “Quiet Week”	13 CLOSED for field trip. Trip to the Vogue Theatre <i>(Please call to sign up.)</i>	14 CLOSED for training Tall Cop, FREE Community Training: Hosted by Little River Band of Ottawa Indians Be Da Bin: <i>(Please call to get registered)</i>	15 Drop-in hours: 9:30am-3pm Free Haircut Day w/ Lori <i>(Please call to make an appointment)</i> NAMI: Family Support Group 1pm-2pm	16 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) Bowling @ Strike Town: 12pm-2:30pm	17 Drop-in hours: 9:30am-3pm 9:30am-2pm: Drop in ZEN Coloring 10am-11am Anger Management 1pm-2pm: Outside the Box-Addiction Support Group	18 CLOSED “Quiet Week”
19 CLOSED	20 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: Creative Expressions Art Therapy	21 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group	22 CLOSED Feeding America Mobile Food Bank 11am, located @ 1201 Lakeshore Rd. Manistee. (Lakeshore Church) Drive thru only. You may pick up for someone as a proxy.	23 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group 7pm: Manistee Civics Players: “Four Old Broads” <i>(Please call to sign up)</i>	24 Drop-in hours: 9:30am-3pm 10am-11am Anger Management 1pm-2pm: Outside the Box-Addiction Support Group	25 CLOSED
26 CLOSED	27 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 10:00am-12:00pm- Canvas Painting with Cassandra- Spring Themed <i>(Please call to register)</i>	28 Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group	29 CLOSED 10 AM: Volunteer Day - Operation Clean the Streets. Join us for a morning of cleaning up our community streets, followed by a pizza lunch! <i>(Please call to get signed up to beautify our community!)</i>	30 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group		

Peer support, socializing, and access to the computer lab and gym are available Monday through Friday from 9:30 AM to 3 PM. Just drop in!

Lunch is served on weekdays at noon, unless otherwise noted.

Staff are available for peer support by appointment, Monday to Friday, from 8:30 AM to 4:30 PM. Please call 231-398-0434 to schedule an appointment.

♥ **Mondays: Morning:** SMART Recovery is for anyone struggling with any type of addiction. Recovery from addictions is difficult, but it isn't impossible. The recovery process can be made easier by connecting with support groups that offer a safe, supportive, nonjudgmental environment. This is a science-based approach, **not** a 12-step program. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

Afternoon: LGBTQ+ Support Group: Join us in an open, safe and friendly environment to simply be yourself. It is a safe place for making connections, healing, processing and resources. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

♥ **Tuesdays: Morning:** SMART Recovery Family & Friends: Are you looking for resources to help you support someone struggling with addiction? Is someone else's addiction negatively affecting you? Perhaps you are seeking an alternative to tough love? We provide effective, easy to learn tools to help you and your loved one. Join us and meet others who have an understanding of what you're going through. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

Afternoon: Fear to Freedom DV Support Group: If you have been affected by domestic violence, you are not alone! A support group for victims and survivors seeking healing together. Connect with others who have an understanding of what you've been through. Together we empower each other through shared stories, coping strategies, and resources for recovery. Let's walk this path together, fostering strength and hope in an encouraging environment. Facilitated by Kacey Black.

♥ **Wednesdays:** The NAMI Family Support Group is a peer-led, free, and confidential support group designed for adults who have a loved one experiencing symptoms of a mental health condition. It provides a safe space for participants to share their experiences, gain hope, and build supportive relationships with others in similar situations. In this group, you can expect to learn from the experiences of others, discover your inner strength, and empower yourself. By participating, you will develop better coping skills, find a sense of community, and discover the strength that comes from sharing your experiences. The groups are led by family members of individuals with mental health conditions, ensuring that participants receive support from those who truly understand their challenges. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

♥ **Thursdays: Morning:** SMART Recovery is for anyone struggling with any type of addiction. Recovery from addictions is difficult, but it isn't impossible. The recovery process can be made easier by connecting with support groups that offer a safe, supportive, nonjudgmental environment. This will be a science-based approach, **not** a 12-step program. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

Afternoon: DBT Skills Group: This group focuses on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Call for more information. Facilitated by Sabrina Ceresia CPSS.

♥ **Fridays: Morning:** Anger Management: Learn effective communication skills, stress management tools, forgiveness skills and so much more! For every minute you are angry, you lose 60 seconds of happiness. Facilitated by Kacey Black.

Afternoon: Outside the Box-Addiction Support Group: It's hard work to stay clean. Recovery is about accountability, changing habits, dealing with the consequences of using, and earning back trust. It also comes with many questions: Who am I without drugs? How do I deal with the past? What do I have to look forward to? Will I ever FEEL life again? This support group walks alongside as you navigate through this complicated world. But recovery is so much more than sobriety: You're starting something new, and new isn't pathological. Recovery needs silliness and dreams. It is about learning to love life without drugs. Awash with positive psychology and creativity, this group helps you explore the "new" you. Facilitated by Kacey Black.



24/7 CALL, TEXT, CHAT



If you are homeless and need assistance,
please call NMCAA @ 1-844-900-0500.